



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

November 2015

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Bingo Cancelled for

November

Due to preparations for the Holiday Luncheon we will NOT be having Bingo in November.

Evening Line Dancing Class

Cancelled

Evening line dancing class on Thursdays has been cancelled because of low participation.

Are you smarter than a scam artist? Lunch N Learn

Senior Benefit Services Group will present an informative seminar on various types of Medicare Fraud and abuse and how seniors can protect themselves. Nov. 9, 2015 from 10:30-12:00pm. Please sign up with staff member or call 817-952-2326.

Elder Law Lunch N Learn

Attorney Kenneth Nohavicka will be here to talk about elder services and how you can get them for free. Nov. 23, 2015 from 10:30 to 12:00pm. This is a Lunch N Learn so please sign up with staff member or call 817-952-2326.

Defensive Driving

Defensive Driving will be Nov. 3, 2015 from 6:00pm- 10:00pm. AARP members-\$15.00. Non-members-\$20.00. Cash or Check at time of class. Please sign up with staff member.

Dance Lessons

November dance is the Fox Trot and the Two Step. Singles and couples welcome. Must be age 50 or above. Monday evenings 5:30pm-6:30pm. \$5.00 per person per lesson. Then stay for our Monday night dance only \$6.00 per person.

Winstar Trip

Deadline for reserving seats for Winstar Trip is November 6, 2015. We must have enough to fill the bus (30) or we will have to re-schedule. Cost is \$ 20.00 person. Trip is November 12, 2015 from 8am-4pm.

Holiday Luncheon

Come enjoy a holiday meal with us! Nov. 20, 2015 at noon. Free with non-perishable food item to benefit N.E.E.D. Please sign up at front desk so we can get an accurate head count. There will be door prizes, food, and fun!

Closed for Veterans Day!

The Center will be closed Nov. 11, 2015 in observance of Veterans Day.

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Pete & Patti</p>	<p>3</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm- Defensive Driving</p>	<p>4</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am-Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>9</p> <p>8am-5pm-Ceramics 8am-noon-Pool 10:30-Are you smarter than a scam artist Lunch N Learn 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Now & Then</p>	<p>10</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p>11</p> <p>CLOSED FOR VETERANS DAY</p>
<p>16</p> <p>8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Bill G Trio</p>	<p>17</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes</p>	<p>18</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am-Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>23</p> <p>8am-5pm-Ceramics 8am-noon-Pool 10:30-Elder Law Services Lunch N Learn 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Russ Dorsey Band</p>	<p>24</p> <p>8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes 6pm-Defensive Driving</p>	<p>25</p> <p>8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session</p>
<p>30</p> <p>8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 5:30pm-6:30pm-Dance Lessons 7:00pm-Doc Gibbs</p>		

<p><u>THURSDAY</u></p> <p>5</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p><u>FRIDAY</u></p> <p>6</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p><u>DANCES</u></p> <p>Nov. 2-Pet & Patti Nov. 9-Now & Then Nov. 16-Bill G Trio Nov 23-Russ Dorsey Nov. 30- Doc Gibbs</p>
<p>12</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p>13</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p><u>NARFE</u></p> <p>No Meeting</p> <p><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p>19</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong</p>	<p>20</p> <p>8am-Ceramics 12:00pm- Holiday Luncheon-for members</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p>26</p> <p>CLOSED FOR THANKSGIVING</p>	<p>27</p> <p>CLOSED</p>	<p><u>Class Highlights</u> We could use a few more people for the <u>Dance Lessons</u> class. Cost is \$5.00 per person per class. Singles and couples welcome! November is Fox Trot & Two Step! Come join in the fun!</p>
		<p><u>Did you know we are open from 8:00am-8:00pm every Thursday?</u></p>

Holiday luncheon for
Bedford Senior Center
members is on November
20, 2015 at noon. We ask
that you bring a non-
perishable food item to
benefit N.E.E.D. There
will be door prizes, food
and fun!

(Please sign up at front desk)